

Older Driver
DVD Now
Available

As the Bay Area’s population ages, and more seniors are on the road, questions of their continued driving abilities and what alternatives they have are becoming more critical. To focus on the issue, the Metropolitan Transportation Commission (MTC) has produced a 36-minute DVD, “Mobility for Older Drivers” which is available to the public free of charge. The DVD is based on a 2006 Regional Summit on Older Drivers, sponsored by MTC and Sam Trans.

You may watch the video on the Web at: www.mtc.ca.gov/library/oats/molbiliyy_matters.htm. To order free copies, email info@mtc.ca.gov or call (510) 817-5836. MTC is the regional transportation planning, financing and coordinating agency for the nine-county San Francisco Bay Area.

ART IN THE
COUNCIL CHAMBERS
Presents
“The Seasoned Palette”
The 10th Annual Senior
Art Workshop Exhibit

June 22 to
September 6, 2007



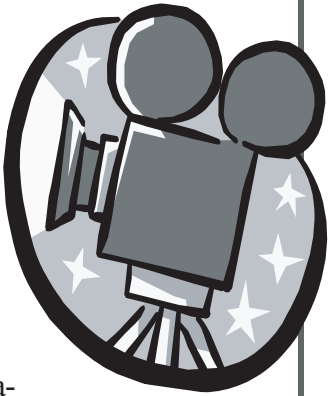
Senior Center Information

Los Gatos Senior Center
Located in the Neighborhood Center
208 E. Main Street, Los Gatos, CA 95030
Senior Coordinator: Linda Gallo

Hours: Monday through Friday — 8:30 AM to 4:30 PM
Phone: (408) 354-1514
Email: lgallo@losgatosca.gov
Website: www.losgatosca.gov

Wednesday Afternoon Movies
at the Senior Center

Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). The July movie will be **Letters from Iwo Jima** and in August we will be showing **Breach**.



Please join us for lunch and a movie, or just a movie and snack.
Enjoy our big screen movie experience!

Los Gatos Senior Center Newsletter Mailing List

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at lgallo@losgatosca.gov.

Name: _____
Address: _____
City: _____
State / Zip: _____
Phone: _____ Email: _____

Return completed form to: Los Gatos Senior Center,
208 E. Main Street, Los Gatos CA 95030

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See insert for details
on senior program
and activities:

- 55 Alive Mature Driving Training
- Parents Helping Parents
- The Health Place
- Health Insurance Counseling
- Homeowners and Renters Assistance
- Income Tax Assistance
- Durable Power of Attorney for Healthcare
- Housing Conservation Program
- Long-Term Care Ombudsman
- Live Oak Adult Day Services —Adult Day Care
- Happy Hoofers
- Senior Table Games
- Chess Club
- Bingo
- Trips

Los Gatos Senior
Center Newsletter

July / August 2007

Los Gatos Celebrates
the 4th of July

Celebrate Independence Day at this all day event, the seventh annual Los Gatos Celebrates the 4th of July. The focus is on fun for the whole family, the whole day long! The day will begin at 11:00 am, with family games and activities on the Civic Center lawn. Enjoy lunch at the Food Court to benefit our local Lions, Rotary, Kiwanis, and Daughters of the American Revolution service clubs. At 1:30 pm a special Music in the Park concert will be held on the Los Gatos High School lawn, featuring the San Jose Wind Symphony's presentation of patriotic selections and many pops concert favorites. After the concert, return to the Civic Center for a free cake and ice cream social and an old fashioned sing-a-long followed by several games of bingo. The day will wrap up with a second concert, featuring The Hitmen, at 5:30 pm. A variety of food and soft drinks will be available for purchase from the Place for Teens food booth. You won't want to miss this down-home, community celebration sponsored by the Town of Los Gatos, Los Gatos - Saratoga Recreation, Town of Los Gatos Chamber of Commerce, Town of Los Gatos Arts Commission, and Event Services.

Wednesday, July 4 • 11:00 am to 7:30 pm
Civic Center Lawn, 110 East Main Street
Los Gatos High School Lawn, 235 East Main Street

Benefits of Getting Antioxidants
From Food Sources Versus Supplements

by Karen West, Director of Live Oak Senior Nutrition & Service Center



Recently the American Heart Association has discovered that attaining antioxidants (vitamins A, C, E and D) from natural food sources can be more beneficial for the body than taking vitamin supplements. A diet rich in fruits, vegetables, whole grains, fish, legumes, poultry and lean meats can provide a better source of antioxidants.

Consuming antioxidants in their natural form allows the body to absorb them better. So take care of that wonderful body and minimize the threat of heart and lung disease that can often be caused by diets depleted in natural antioxidants.

